

B's 2005 Santa Barbara Junior Lifeguards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 27 Introductions Swimming Evaluation Safe Entries	June 28 Intro to Surf Swimming / Rescues	June 29 Uniforms Distributed	June 30 Paddleboard Intro	July 1 Picture Day Picture Orders Due
July 4 Observed Holiday No Junior Lifeguards	July 5 Long Run and Short Swim	July 6 Boat Trip # 1 Long Swim and Short Run	July 7 Boat Trip # 2 Relay Practice	July 8 Inter-Squad Competition
July 11 Evaluation # 1 Training for Competitions	July 12 Butterfly Biathlon	July 13 Boat Trip # 3 Time Trials	July 14 Training Day	July 15 Carpinteria Competition 9am – 2 pm (Flyer will come home)
July 18 Responding to Emergencies	July 19 Soft Sand Day	July 20 Training Day Movie Night At Bathhouse	July 21 Relay Day	July 22 Regionals (Long Beach) or Leadbetter Day (Flyer will come home)
July 25 Code X Evaluation #2	July 26 Review Evaluations Workout like mad! Dessert Day	July 27 Time Trials	July 28 Fun Training Day	July 29 Fiesta Competition At East Beach 9:00am – 2:00pm
August 1 Training Day	August 2 Stud Ironman Followed by Kick Back Day	August 3 Post-Stud Day	August 4 Training Day	August 5 Ventura Competition 9am – 2:30pm (Flyer will come home)
August 8 Rincon Surf Day Drivers Needed (Flyer will come home)	August 9 Pier Run Challenge	August 10 Pier Swim Challenge	August 11 Thank You Day	August 12 Last Day of J.G.'s Banquet tomorrow at Chase Palm Park 2 – 5pm